

## ICPMN-2014

On 19<sup>th</sup> June 2014 “SARVASUMANA” was born. On December 2014, we organised the 1<sup>st</sup> International Conference on Public Mental Health and Neuroscience – in short ICPMN-2014 under one name.

The uniqueness of the conference is the amalgamation of individuals from various disciplines of Mental Health gathering on a single platform. This provides us opportunity to have an interdisciplinary interactions and deliberations, for exchange of ideas and knowledge. It was an interdisciplinary conference not just in terms of people from a broad spectrum of disciplines but also from across the globe. Indeed a beautiful culmination of an outstanding event on a much needed theme on – Next Generation Mental Health.

The morning of 18<sup>th</sup> Dec, 2014 dawned with the introduction by Ms. Harshita and invocation song by Shri Vasudeva Murthy. The lighting of the lamp was done by the Chief guest Dr. B. N. Gangadhar, Ph. D, Mrs. Padmashree and Mr. Mahesh.M.

The welcome address was given by Mrs. Padmashree followed by the felicitation of our esteemed guest Dr. B.N. Gangadhar, who was introduced by Dr. Ramesh. The Chief Guest gave us an inspired talk on the merging of Yoga with Neuroscience for the benefit of Mental Health. He advocated the Yoga Therapist being included as a part of Mental Health Team in the near future. Vote of thanks was given by Dr. Yogananda Murthy.

The 1<sup>st</sup> Plenary session was presented by Dr. V. Prasad Kolla on Bio Markers for the early screening of Down Syndrome using the Proteomics approach. He gave an insight into the use of Mass Spectrometry to identify Down Syndrome Proteins. It was an interesting and interactive session.

The 1<sup>st</sup> Oral session was paper presentation on Mental Health wherein we had 10 interesting research paper's presented by scholars from various Universities across India and abroad.

Simultaneously we had 10 Poster presentations on Neuroscience with Biotechnology. Dr. Pradeep Nayak announced Publication of “ MANASAKSHI” the magazine from Saravsumana. It is another mile stone crossed by us. Followed by the narration of the article “ A Tale of Crows” and the poem “Manthan” by Dr. Ashish Kumar Sinha in Hindi – Our National Language.

We resumed the afternoon session after a sumptuous and tasty lunch. Dr. Mohan Sunil Kumar and Dr.Sharmitha Krishnamurthy presented a talk on creating awareness and preventive measures among suicide prone individuals and their families.

The Symposium by Dr. Varun Gaiki on the Role of Public Health in Mental Health gave us the data and initiatives of the Government and the way forward to merge the Macro – strategies to reduce the risk of ill-health and improve quality of life. This was followed by a very spirited Symposium by Dr.Dharav Shah on the urgent need to stop alcoholism and prevent the Epidemic.

After the Tea-break the oral session-2 was conducted on Neuroscience with Biotechnology. Scholars presented their work which was interdisciplinary i.e. the merging of Neuroscience with Yoga science. Simultaneously the Poster Presentation on Public Health and Health Sciences was in progress by various scholars in the field.

The second day of the ICPMN started with the Sunrise session. A Webinar conducted by Dr. Ernest Rossi on the” Deep Psychobiology of the creative psychosocial genomic healing experience” [CPGHE]. Mind body consciousness in detail with graphs, slides, diagrams , charts and examples were presented. Dr. Kathryn Rossi took us through Integration of Classical Yoga and the 4- stage creative process of modern science. We had demonstrations of various Asana’s and meditation techniques. Dr. Kathryn Rossi shared her tragic personal experience which made her to reach out to the Ancient Indian therapy – The Yoga Therapy. It was a very nicely packaged session of our very own traditional Pathanjali Yoga taken through step by step.

The audience was in rapt attention and silence imagining the creation of the Universe by Lord Shiva and Shakthi. There was demonstration of age regression through hypnotherapy by Dr. Ernest Rossi.

After resuming from a refreshing tea break we had our Plenary 2 by Dr. Edmond Fernandes on Championing Mental Health and Social Responsibility: Towards a new Dawn. A Very well presented session with a lot of take home practical messages.

The Oral Session for the 2<sup>nd</sup> day on Public Health and Health Sciences were presented. It was a very interesting session . We had some new topics with interesting information, data, conclusions and suggestions. Simultaneously we had the Poster Session on Mental Health which was equally informative and interesting.

We are grateful to Dr.Lokesh Babu from Karnataka Medical Council for his gracious presence. We are also thankful to Karnataka Medical council for giving 4 hours of accreditation to our conference.

